

Two Onion Farm

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Week of July 11, 2010

After a pleasant week leading up the 4th of July, we were beset by more wet weather this past week, making it difficult to prepare more ground for fall planting and to control weeds (we can't hoe or cultivate in wet soil). Hoping once again for drier weather this week! We have had warm weather for the most part this summer, and heat loving crops are thriving. We anticipate excellent harvests this week for green beans and cucumbers. Peppers and eggplants are growing well and we hope to have them in your boxes within the next week or two. Winter squash vines are growing vigorously and many of the ripening fruits are developing and have grown to several inches across. On July 5th we also found our first ripe cherry tomato of the season. The plants are only producing one or two tomatoes per week now – not enough to provide a reasonable portion for the 250-odd boxes we pack every week. However we hope to begin picking cherry tomatoes for you within several weeks. Larger, slicing tomatoes will follow after that.

In this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Beans, green	Yes	Yes	1 wk	
Beet	Yes	Yes	1-2 wks	
Broccoli	Yes	Yes	1 wk	
Cabbage	Yes	Yes	1-2 wks	Small green round head
Carrot	Yes	Yes	2 wks	
Cucumber	Yes	Yes	1 wk	
Dill	Yes	Yes	<1 wk	
Garlic	Yes	Yes	1-2 wks	Fresh, uncured garlic – store in fridge and use soon
Kohlrabi	Yes	Yes	1 wk	White flat-roundish veggie with protruding stubs. Biweekly Tuesday boxes only
Lettuce	Yes	Yes	1 wk	Romaine and/or summercrisp
Onions, red	Yes	Yes	1-2 wks	
Summer squash	Yes	Yes	1 wk	

Onions and garlic are both uncured. After harvest, onion and garlic bulbs both need to cure before they will store well. Curing means placing the bulbs in a warm, well-ventilated place for several weeks, during which time the outer skins of the bulb dry and harden. The dry outer layers will then protect the bulbs from rot and moisture loss. The garlic and onions you're receiving this week are relatively fresh and not cured. We recommend that you keep both in your fridge, bagged.

Summer Squash. We are currently picking three types of summer squash for your boxes: a standard green zucchini, a "Cousa" style middle eastern squash (pale grey, thicker at one end than the other), and a yellow-green bicolored squash. All three are largely interchangeable in recipes. The Cousa and bicolor squash have somewhat denser, less watery flesh and are a bit more flavorful; the zucchinis yield more – zucchinis are the most popular form of summer squash in the U.S. and they receive the lion's share of attention

from breeders who are developing high yielding and disease resistant varieties.

Dill is the herb in your box with feathery foliage. Dill is very tasty in chilled soups or salads. It is often used with cabbage, egg, cheese, potato, cucumbers. You can add minced dill to scrambled eggs.

Kohlrabi. All boxes received kohlrabi last week. We have a few more kohlrabi, and we are including them in our biweekly Tuesday boxes. Peel it before cooking or eating raw. See our website for a popular recipe of kohlrabi with parmesan cheese:

www.twoonionfarm.com/Newsletters/July_5_2009.pdf

Beet Rosti with Rosemary

This recipe was submitted by a farm member.

2 pounds beets (3 very large or 4 to 6 medium)
2 teaspoons coarsely chopped fresh rosemary
Salt and freshly ground pepper to taste
1/2 cup flour
2 tablespoons butter
Minced parsley or a few rosemary leaves for garnish.

Trim beets, and peel them as you would potatoes; grate them in food processor or by hand. Begin preheating 12-inch nonstick skillet over medium heat.

Toss grated beets in bowl with rosemary, salt and pepper. Add about half the flour; toss well, add rest of flour, and toss again.

Put butter in skillet; heat until it begins to turn nut-brown. Scrape beet mixture into skillet, and press with spatula to form a round. With medium to medium-high heat -- the pancake should gently sizzle -- cook, shaking pan occasionally, until bottom of cake is nicely crisp, 8 to 10 minutes. Slide cake onto a plate, top with another plate, invert the two plates, and return cake to pan. Keep cooking, adjusting heat if necessary, until other side is browned, another 10 minutes or so. Garnish, cut into wedges, and serve hot or at room temperature.

Buttermilk Cole Slaw

1 small cabbage, cored and sliced thinly
5-6 small carrots, grated
1 small red onion, thinly sliced
1/2 tsp salt
1 small clove garlic, minced
1/3 cup buttermilk
1/4 cup olive oil
1-1/2 Tbsp lemon juice
2 Tbsp chopped dill
1/4 tsp celery seed
Black pepper to taste

Mix cabbage, carrots, and onion in large bowl. Mix the remaining ingredients in a bowl to make dressing. Toss salad with dressing. Adjust salt to taste. Serve cold or at room temperature.